



## What Are Added Sugars?

Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

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The major food and beverage sources of added sugars for Americans are:

- regular soft drinks, energy drinks, and sports drinks
- candy
- cakes
- cookies
- pies and cobblers
- sweet rolls, pastries, and donuts
- fruit drinks, such as fruitades and fruit punch
- dairy desserts, such as ice cream



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Reading the ingredient label on processed foods can help to identify added sugars. Names for added sugars on food labels include:

- anhydrous dextrose
- brown sugar
- confectioner's powdered sugar
- corn syrup
- corn syrup solids
- dextrose
- fructose
- high-fructose corn syrup (HFCS)
- honey
- invert sugar
- lactose
- malt syrup
- maltose
- maple syrup
- molasses
- nectars (e.g., peach nectar, pear nectar)
- pancake syrup
- raw sugar
- sucrose
- sugar
- white granulated sugar



You may also see other names used for added sugars, but these are not recognized by the FDA as an ingredient name. These include cane juice, evaporated corn sweetener, fruit juice concentrate, crystal dextrose, glucose, liquid fructose, sugar cane juice, and fruit nectar.